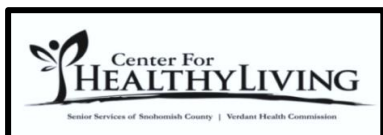


NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30 Korean Lunch 10:00 Line Dancing 11:00 Bingo/Safety Presentation 1:00 CareWear	2 9:30 Filipino Lunch 1:30 CRI – Early 1800s American History
5 9:30 Korean Social Time 10:00 Bingo 2:00 Elderwise – Conference Room	6 9:30 Chinese Lunch 10:00 Line Dancing	7 9:30 Vietnamese Lunch 10:30 Exercise	8 9:30 Korean Lunch 10:00 Line Dancing /Diabetic Shoe Fitting 11:00 Bingo 1:00 CareWear 2:00 SAGE Table	9 9:30 Filipino Lunch 10:30 Chair Yoga 10:45 BP 1:30 CRI – Early 1800s American History
12 CLOSED VETERANS DAY	13 9:30 Chinese Lunch 10:00 Exercise/Tai Chi/Fan Dancing	14 9:30 Vietnamese Lunch 10:30 Exercise 11:00 Birthday Celebration 10:45 BP	15 9:30 Korean Lunch 10:00 Line Dancing 11:00 Alzheimer’s Presentation 1:00 CareWear	16 9:30 Filipino Lunch + Thanksgiving Celebration 10:30 Exercise
19 9:30 Korean Social Time + Thanksgiving Celebration 10:00 Bingo 2:00 Dance for Parkinson’s 2:00 Elderwise – Conference Room	20 9:30 Chinese Lunch + Thanksgiving Celebration 10:00 Exercise/Tai Chi/Fan Dancing	21 9:30 Vietnamese Lunch + Thanksgiving Celebration 10:30 Exercise CENTER CLOSSES @ 2 PM	22 CLOSED THANKSGIVING DAY	23 CLOSED
26 9:30 Korean Social Time 10:00 Bingo 11:00 Meditation 12:30 Volunteer Meeting	27 9:30 Chinese Lunch 10:00 Exercise/Tai Chi/Fan Dancing	28 9:30 Vietnamese Lunch 10:30 Exercise	29 9:30 Korean Lunch 10:00 Line Dancing 11:00 Bingo 1:00 CareWear	30 FILIPINO SENIOR PROM CELEBRATION 9 am to 3 pm



Homage Senior Services – Center for Healthy Living
 5026 196th St SW Lynnwood, WA 98036 425-290-1268

